



GGRR Newsletter

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February 2014 Newsletter

Gateway Golden Retriever Rescue
P.O. Box 31700
St. Louis, MO 63131
Phone: (314) 995-5477
www.ggrr.com

Inside this issue:

Meeting Minutes	1
Events & Old & New Business	2
13 Reasons A Dog Makes Life Better	3-5
I Like the Way...	5

January Meeting Minutes

The meeting was called to order at 7:55 p.m. by President, Mike S. Julie G. moved to dispense with the reading of the minutes from the previous meeting. The motion was seconded by Julie M. and passed. There was one correction to the newsletter. Adoption Coordinator should be listed as Penny M. and not Mike S.

President's Report

Mike S. discussed more the topic of possibly offering the option of "Foster to Adopt" to some of the families on our waiting list. This would help us out because we don't have many foster homes. Volunteer renewal forms are available and have been emailed out to everyone. You can turn them in along with your \$20 renewal fee to Volunteer Coordinator, Tim M. at the next meeting.

Treasurer's Report

No Treasurer's Report was given.

Membership/Volunteer Report

Tim M. reported that there had been one volunteer inquiries, but no new members/volunteers. Volunteer renewal forms are due! Dues are \$20.00.

Intake Report

Michelle F. reported that we had zero dogs come in during the



previous month. There's Beau in Dexter who is going through surgeries and heartworm treatment. Other than that, no other dogs have come in this month.

Adoption Report

It was reported that the following dog was placed in his forever home:

13-010 Max

Website Report

No website report was given.



GGRR Events

Upcoming Events

Next GGRR Meeting

Thursday, February 13th at 7:30 p.m. at the Dog Museum in Queeny Park.

Golden Specialty (Jan. 16-18, 2014)

The Golden Specialty will be held January 16th through the 18th at Purina Farms. We will have a booth set up at the Specialty every day from about 10:30a.m. to 4:00 p.m.

St. Patrick's Day Parade (March 15, 2014)

The annual St. Patrick's Day Parade in Downtown St. Louis will be held on Saturday, March 15th. We usually walk in the parade with our dogs. Chris R. is following up with this and will have more to report at our February meeting.

GGRR Reunion Picnic (May 4, 2014)

Our 2014 Reunion Picnic for our adoptive families is scheduled for Sunday, May 4th at the Dog Museum.



Julie G. is going to start coordinating this event. Anyone that would like to help should let Julie know. All volunteers are needed at this event. Mark your calendars now!

Breed of the Week at the Dog Museum (May 18, 2014)

The Golden Retriever, Breed of the Week at the Dog Museum will be held on May 18th along with the Golden Club. Mark your calendars now. We will be there with our goldens to answer any questions visitors may have about the breed.



Old & New Business

Old Business

Mike S. discussed the foster to adopt option. He has been checking with other rescue groups to see what their policies are on it and the process they follow. He will be forming a committee on the writing of our process for fostering to adopt.

New Business

Mike S. has received our yearly survey form from the National Rescue Committee. Any officers or coordinators that want to be on an email list for your position with other rescue groups in the county, please contact Mike. This is a good way to compare notes with other rescues and ask questions.

A motion was made by Julie G. and seconded by John R. to adjourn the meeting. All were in favor. The meeting was adjourned at 8:55 p.m.



13 Reasons Why A Dog Will Make Your Life So Much Better

www.huffingtonpost.com

Anyone who owns and loves a dog knows it becomes hard to live without their consistent and utter devotion to you. And even though they may love you at least partially because they literally rely on you to do things like eat, it's a two-way road when you own a dog. You may keep them alive by feeding and taking care of them, but they are also taking care of you.

Numerous studies have shown that owning a dog benefits a person's physical and mental well-being. So read up, and then go thank your pup for making your life so much better.

1. You're also getting a walk when you take your dog out.

Sometimes it may seem like such a nuisance (especially in these colder months), but walking your dog helps you stay more active than people who don't have to walk the dog. A 2006 Canadian study found that dog owners were more likely to participate in moderate physical activity than those who didn't own a dog. They walked an average of 300 minutes per week, compared with non-dog owners, who walked an average of 168 minutes per week.



2. Dogs can strengthen the bonds between humans.

A recent study at the Cummings School of Veterinary Medicine at Tufts University found that people who have strong connections to their pets also have social and relationship benefits. The researchers surveyed 500 18-



to 26-year-olds and found that those who had "strong attachment to pets reported feeling more connected to their communities and

relationships." They also found that the more attached a person was to an animal as a teenager and young adult, the more empathetic and confident he or she was.



3. Some dogs can detect if you have cancer or not.

A black lab named Marine could save your life. The specially-trained eight-year-old dog can detect when a person has colorectal cancer 91 percent of the time just by sniffing the person's breath. And if she smells stool, she can detect whether the person has colorectal cancer with 97 percent accuracy. It's estimated that a dog's sense of smell is up to a million times better than a human's.

4. Dogs can also help make sure you don't eat things you are allergic to.

Pups trained at the Florida Canine Academy can smell even the slightest hint of peanut in a room. This comes especially handy for people who have intense peanut allergies.

These dogs are so good that they can detect peanuts in a cookie or in a candy bar that is wrapped in a lunch bag. In Texas, a place called "Southern Star Ranch" provides trained dogs to people who are suffering with severe peanut allergies. One grateful testimonial tells the story of a family with a son who was so severely allergic to peanuts that he had to be home-schooled and could only have highly-supervised playdates. When he was nine, the family took in Remy, a peanut-detecting dog, who the family swears has a "college-educated mind." The dog detects peanuts before their son comes in contact with them, and now the family enjoys greater freedom.

5. Just looking at your dog will make you feel happier.

A 2009 study by Miho Nagasawa of Azabu University in Japan found that one's level of oxytocin (the neurohormone that elicits feelings of happiness) raised intensely after interacting with their dogs. And the only interaction they needed was to stare into

13 Reasons Why A Dog Will Make Your Life So Much Better

(Continued...)



their dog's eyes. Those who looked longer into their dog's eyes had the bigger dose of oxytocin. Fun fact: A dog's willingness to meet eyes with humans is one of the things that separates them from wolves.

6. A dog's face could bring out the caretaker in you.

Homans writes that

Austrian zoologist Konrad Lorenz, speculated that a dog's face could possess an "infant schema" -- meaning that its "high forehead, big eyes, short snout and floppy ears might have evolved to take advantage of human's innate responses." The features are known as "social releasers" and can elicit a human caregiver's response.

7. **Dogs seriously calm you down in high-stress situations.** Karen Walker, a psychology professor at the University of Buffalo, performed a series of tests that proved dogs help reduce people's everyday stress. She wired volunteers to blood-pressure monitors and had them count rapidly backwards by threes from a four-digit number (a task that seems simple, but is actually pretty challenging. Just try it.) She found that the subject's stress response was significantly lower if there was a dog in the room. In his book, Homans also cites a Japanese study that found elderly people who regularly walk a dog have enhanced heart rate variability, which is associated with stress reduction.
8. **They help us recover psychologically from a crisis.** Dogs have been proven to help the recovery process of soldiers going through post-traumatic stress disorder. One army veteran, Robert Soliz, a former army specialist who served in Baghdad, found that engaging with dogs in a pro-

gram called "Paws for Purple Hearts" helped him get his life back to the way it was before he left for war. When he returned, Soliz was so traumatized that he couldn't show any affection and struggled to even hug his kids. After spending six weeks with a golden retriever, Soliz began to feel more comfortable with his family.



9. **Your dog could help prevent your child from developing eczema.** In 2010, a study found that children who were allergic to dogs but lived with at least one of them during their first year of life had a lower risk of developing the chronic skin condition eczema by age four. Interestingly, the complete opposite is true for cat ownership. Researchers found that children with cat allergies were 13 times more likely to develop eczema if they lived with a cat within their first year.
10. **Your pooch could be your cure for loneliness.** Loneliness is common among the elderly. Studies have shown that in people 60 years of age and older, owning a dog (or a cat) were four times less likely to be diagnosed as clinically depressed. "The Wal-



13 Reasons Why A Dog Will Make Your Life So Much Better (Continued...)

tham Book of Human-Animal Interactions: Benefits and Responsibilities" cites a study on medical visits by elderly people. The study proved that, compared with non-owners, pet owners made fewer medical visits over the course of a year.

11. **Your dog will force you to be social, for better or for worse.** When you own a dog, you are forced to interact with people because you have to walk that dog in public. People are more likely to stop and say hello to you because you have a cute pup bouncing alongside you. In some cases, these interactions could change the rest of your life. Take the case of 71-year-old Emma Cooper, who had been living alone for eight years after her husband died. She told Psychology Today:

"I was out walking Surrey, my cocker spaniel and this man stopped to give him a pat. He seemed like a nice man and told me that he used to have a blonde cocker spaniel just like Surrey. We started to talk about living with dogs and then stopped for a cup of coffee. Well one thing led to another and Bill and I are getting married next month--as soon as we can find a clergyman who is willing to let a dog stand in as the best man!"



Volunteer Renewal Forms are Due along with \$20 for the year.

12. **One study found that owning a dog could make you more attractive to potential love matches.** According to a study conducted by Dog's Trust, the United Kingdom's largest dog welfare charity, when they surveyed 700 people, 60 percent said that owning a dog can make people more attractive, while 85 percent think people are more approachable when they are with a dog. Even more, it could matter what kind of dog you own. In a survey by mobile pet app Klooff, certain dog breeds are more likely to attract members of the opposite sex than others. Men noted that they judged women with Chihuahuas as dumb, hot and easy; while women said they viewed men with bulldogs as one-night-stands. However, women really like men who owned Labrador or golden retrievers.
13. **A dog makes us appreciate the simple things in life.** Homans presents one of the best arguments for why a dog is a great asset to one's life: The dog "takes us back to simpler modes of interaction." Homans writes, "In a world of email and texting and videoconferencing, a relationship with a dog is unmediated by technology." Couldn't we all use a cuddly canine to tear us away from our smartphones?

I Like The Way . . .

I like the way you wag your tail..

I like the funny things you do...

I like the friendship that we share...

I like my life with you .

I like the way you wag your tail..

I like the world you help me see...

And whether your muzzle's gold or gray...

There will always be a you with me!!

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Thursday, February 13th at 7:30 p.m.
At the Dog Museum in Queeny Park

We love having happy healthy Goldens
at our meetings! Please make sure your
dog is up to date on shots and
vaccinations please!

To Adopt or Surrender a Dog Call the GRR Phone Lines: (314) 995-5477

Officers

President

Mike Stemmler
mstemmler1012@yahoo.com

Vice-President

Jim Dilg
jtrdilg@aol.com

Secretary

Shane Stark
belleismine@gmail.com

Treasurer

Lynn Stark
golddog05@mac.com

Membership Representative

Chris Rogers
chrissyrogers@sbcglobal.net

Coordinators

Intake Coordinator

Michelle Frasca
mickyfl@charter.net

Adoption Coordinator

Penny McNeil
pbmacnboys@gmail.com

Membership Coordinator

Tim Miget

Events Coordinator

Julie Goldman
stargazr@charter.net

Webmaster

Paul Swarthout
paul@paulswarthout.com

Mentors

Intake Phone Lines

Mike Stemmler
mstemmler1012@yahoo.com

Adoption Phone Lines

Pat Moran
p4021m@sbcglobal.net

Home Visits & Dog Visits

Shane Stark
golddog05@mac.com

Foster Homes

Kathy Dierkes
Kathy_dierkes@yahoo.com